

Workshops:

Talking about Tough Topics

Betty Barsley-Marra, *Family Life Educator, University of Illinois Extension*. Throughout everyone's life, there are times when difficult situations arise and tough topics need to be addressed. Find out how to create a safe environment for such dialogues and learn positive ways to navigate these crucial conversations.

Effective Exercise & Super Snacking for Vigorous Volunteers

Dr. Nick Chancellor, D.C., *National University of Health Sciences, Aurora Clinic*. Super effective exercises and foods to improve your health and increase your energy. Be prepared to be energized!

The Context of Helping: Considerations for Diversity

Giesela Grumbach, *Family Life Educator, University of Illinois Extension*. The goal of this workshop will be to move helping professionals and volunteers from cultural awareness to effective practices. Participants will explore their own underlying assumptions that unconsciously guide their behaviors and attitudes toward client groups.

Top Tech Tools for the Non-Techie

Judith Sotir, *Manager, AELC and ACTC, WCC*. Need to know what's the difference between a blog and a wiki? Confused about social networks like Facebook and LinkedIn? Join us for a spirited discussion of all things tech and see what you've been missing.

Living Single in a Coupled World

Katrina Zuber, *Family Life Educator, University of Illinois Extension*. This workshop will examine the current state of singlehood in society, explore the dimensions of choice and chance in being single, and help participants deal with both the challenges and opportunities of singlehood.

Top 10 Money Tips for 2010 – Personal Financial Strategies for a New Decade

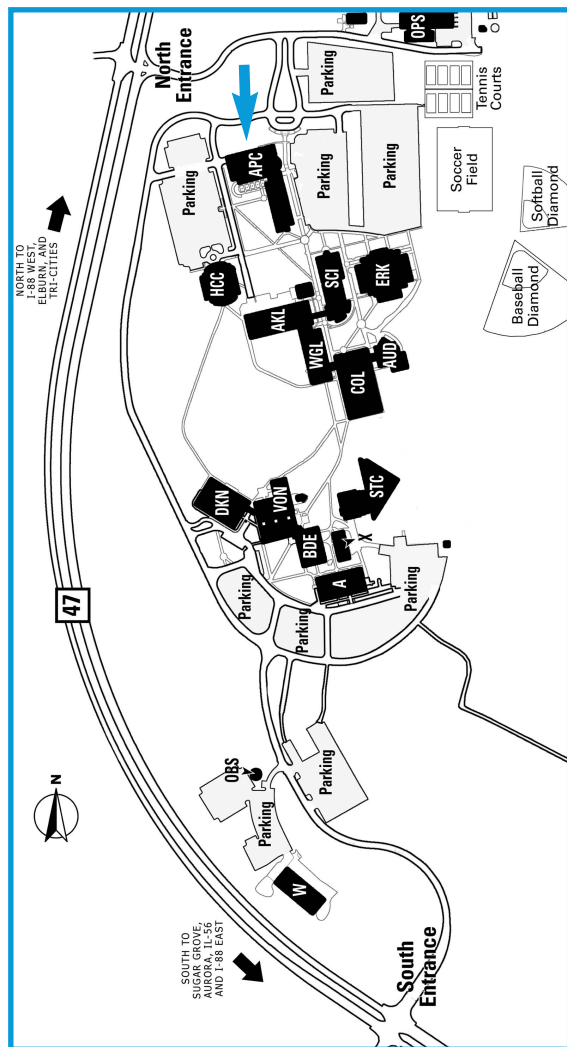
Juliana Hackel, *Manager, Harris Bank CRA Relationship*. Useful tips and practical ways to survive the economic crisis facing us today. Take a new look at everything from personal savings to investing for retirement.

Planting for All Seasons

Rich Massat, President, *The Growing Place*. Evergreens that are blue or gold; shrubs with red, burgundy or lime stems; tawny grasses, bark, berries and leaves. Learn about plants that extend your gardens interest year round.

Directions

The Academic and Professional Center at Waubonsee Community College is located near the North Entrance of the Sugar Grove Campus.



Celebrating



Saturday, April 17, 2010

8:30 a.m. to 1:30 p.m.

**Waubonsee Community College
Academic and Professional Center
Sugar Grove Campus
Route 47 at Waubonsee Drive**



WAUBONSEE
COMMUNITY COLLEGE

Adult Literacy Project

Celebrating

Volunteers

"Life's most persistent and
urgent question is "What are
you doing for others?"

Martin Luther King, Jr.

Collaborating Agencies



Adult Literacy Project
Aurora Public Library
Aurora Shalom Ministries
Dominican Literacy Center
Family Focus
Heritage YMCA
Hesed House
Mutual Ground
University of Illinois Extension
Waubonsee Community College
Wayside Cross Ministries
World Relief – Aurora

Silent Auction

Our Silent Auction is designed to defray the cost of this event. Auction items from our many generous donors will be on display for your perusal and purchase.

Please join us

Saturday, April 17, 2010
8:30 a.m. to 1:30 p.m.

Agenda

8:30 to 9 a.m. Registration

Continental Breakfast

9 to 9:30 a.m. Welcome/Keynote

Dr. Lourdes Ferrer

*Hispanic Academic Achievement
and Parental Involvement Specialist.*

When I volunteer . . . what's in it for me?

9:45 to 10:45 a.m. Workshops

11 a.m. to Noon Workshops

Noon to 1:30 p.m. Lunch

(Silent Auction winners will be announced)

Enjoy!

This project was made possible by a grant awarded by the Illinois State Library, a division of the Office of Secretary of State, using state funds designated for literacy. For the purposes of compliance with Section 51 of Public Law 101-166 (the Stevens Amendment), approximately 21 percent, or \$394,087 of the FY09 funding for the adult education program comes from federal sources.

Waubonsee Community College does not discriminate based on any characteristic protected by law in its programs and activities.

REGISTRATION

Name _____

Address _____

City _____ State _____ ZIP _____

E-mail _____

Phone _____

Are you a volunteer? Yes _____ No _____

For what agency/agencies?

If not a volunteer, please list agency

Please mail, e-mail, call or fax
by Friday, April 9, 2010

Mail:

Adult Literacy Project
Waubonsee Community College
5 E. Galena Blvd.
Aurora, IL 60506

E-mail: aberg@waubonsee.edu

Call: (630) 801-7900, ext. 4106

(Please leave your name and phone number)

Fax: (630) 966-0522

Questions? Call (630) 801-7900,
Ann, ext. 4181 or Sherry, ext. 4106

THIS EVENT IS COMPLIMENTARY!